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DISSERTATION TITLE

Evaluation of strain demands during spinning of chosen groups of fitness centre clients.

GOALS

The goal of this dissertation is the evaluation of strain demands during spinning, of chosen groups of fitness centre clients and the evaluation of fitness changes after a three-month interventional training program.

METHOD

This dissertation has been compiled in the form of experimental quantitative research. Research has been done in standard conditions with minimizing external influence (spinning hall). The chosen groups are clients from Mariánské Lázně and Prague, who regularly visit spinning lessons 1-2 times a week.

RESULTS

While evaluating the results of the measured group during the three-month interventional training, fitness of the individual measured groups showed recorded increases as well as decreases. Decreasing average cardiac rate, consequently increasing body fitness, was recorded for men. On the contrary for women, increasing average cardiac rate was recorded and consequently decreasing body fitness. Decreasing maximum pulse rate was recorded during measured spinning lessons for all groups excluding women over 35 and women from Prague.

KEY WORDS

Spinning, demand, cardiac rate, spinning techniques.